



Care Connections

FOCUS WORD

The Care Links FOCUS word for 2023 is ...

Purpose

What is the deep meaning of purpose?

Purpose is an abiding intention to achieve a long-term goal that is both personally meaningful and makes a positive mark on the world.

NEXT GATHERING

Wednesday, August 16th

Monthly Care Links Get Together

Time: 1:00-2:30pm

Location: St. Luke's on the Hill
40 McBride Road, Mechanicville (Halfmoon), NY 12118

Presenter:

Kym Hance, CMC, Herzog Law Firm, P.C.
Client Care Services/Aging Life Care Manager
Advanced Professional Member of Aging Life Care Association™

Topic:

How Not to Pay for Services: Long-term Care Solutions.

Confused about navigating the long-term care system? Don't understand all that is available?

Unbelievably, our community is rich in many services that will allow you to age in place, right in wherever you call home!

Learn about all that is available and how to access these services. And, if the unforeseen should happen, how to deal with a crisis.

“Together We Make a Difference”

Care Links, a program of CAPTAIN Community Human Services, is proud to be celebrating our 27th year of service to seniors in Southern Saratoga County! At Care Links, we strive to make it possible for seniors in the community to live active lives in their own homes by connecting seniors with dedicated volunteers who provide services such as friendly visits, shopping, transportation, errands, and more.

Help us spread the word about Care Links, when you're done reading this, pass it on to a friend!

To be added to our mailing list please call 518-399-3262 or email careconnection23@gmail.com.

Volunteer Spotlight: Fred Katz



My wife (also a Care Links volunteer) and I moved to this area three years ago as one of our sons lives here. I had two careers, first for 20 years as a lawyer, then another 20 years as a teacher of history, government, and law at private high schools in Westchester. I am a very big sports fan. I root for Philadelphia teams, and I play a lot of tennis. I am also a voracious reader and a real history nerd.



CAPTAIN
Community Human Services
Lifting people up. Building brighter futures.

Care Links is a Program of:
CAPTAIN Community Human Services
543 Saratoga Rd. Glenville, NY 12302
(518) 399-3262

Care Links Volunteer in the Spotlight: Fred Katz

We asked Fred to share in his own words about his experience in making a difference in the lives of those he encounters through the Care Links program.

How long have you been with Care Links?

"I have been with Care Links for about a year and a half."

What made you decide to volunteer with Care Links?

"I heard about Care Links from my wife, who started volunteering several months before I did. I thought it would be a nice way to try to help people in need."

What have you personally gained through your experience with Care Links, what have you enjoyed the most?

"I have found it rewarding to offer help to people facing difficult times in their lives. The care receivers have been people with interesting histories of their own. I have enjoyed getting to know them and find out about their lives."

How do you make the most out of your experience with the seniors you come into contact with?

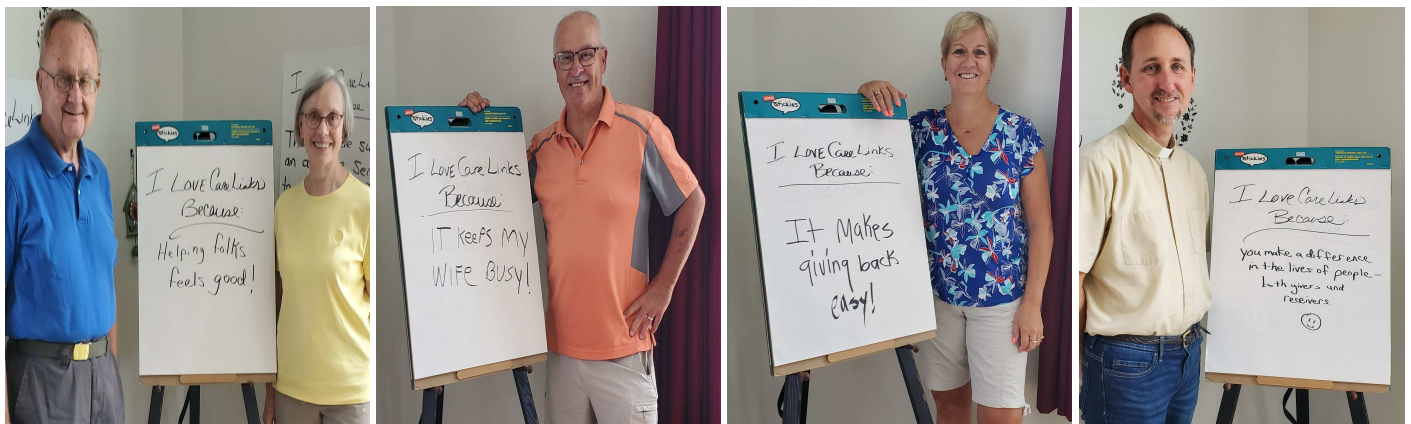
"I like to talk to them about their lives. I also enjoy when my current care receiver calls me to send good wishes on a holiday or other special occasion."

What advice would you give to someone interested in volunteering with the Care Links program?

"Talk to the care receiver about his or her life; you will probably find it interesting. Be flexible in the way that you interact with the person. Also, as a practical matter, make sure that you fit the involvement comfortably into your own schedule."

If you or someone you know would like to volunteer and build rewarding connections with seniors in the community, where what you do makes a difference, contact us today at 518-399-3262 or visit our website captaincares.org/care-links.

Care Receivers and Volunteers share what they love most about Care Links:



From Left to Right: Bob & Loretta, Dan, MaryAlice, Fr. Michael

Care Links in Action

Care Receiver Flo Snell turns 100 years old!



Flo with her Care Links volunteer Susan Pierino



Care Links picnic goes making introductions



Fred & Thomas



Anne at MTA



Katie & Molly



Joe, Ann, and Debbie catch up



Working on splits!



MaryAlice & Lucy training



Fr. Michael Todd presents to the team on Finding Your Purpose



Malta Gardens Residents are visited by the Team



Time to eat at the picnic



Handing out gifts to picnic attendees



Miss Ann chats before sharing what she loves about Care Links



MaryAlice, Dan, and Joan set up picnic games



Adopt a Grandparent Program



Sisters, Terra Maddalone-Ristau (CAPTAIN CHS, Senior Services Program Manager) and Debbie Maddalone (Mother Teresa Academy, Executive Director) have coordinated their effort to enhance the intergenerational experience between the Care Receivers of Care Links and the Students of Mother Teresa Academy.



Miss Karen's Pre-K class adopted Miss Marilou in 2022 and began the pilot program for this venture between the two organizations, which has led to many Care Receivers participating and forming friendships with the teachers, staff and children of Mother Teresa Academy.

Miss Karen shares:

"Having Care Links seniors participate in our classroom has added tremendous value to our students. Having another adult in the room to talk to the students, hug them or just laugh with them brings such a positive vibe to the room.

The students love to engage with our grandparent, Ms. Marilou, as she is reading us a story or doing an activity. They get very excited when they catch sight of her in the hallway!

The children get to practice many of their values they have learned here at MTA with Ms. Marilou. Respect, Patience, Acceptance and Love to name a few. The students often ask when Ms. Marilou will be coming back!

Having a grandparent come into our room has great impact on the seniors by providing them with lots of love and attention. Being able to share their stories and experiences provides them with pride and acceptance. The students are the "grandchildren" that some seniors may not have close by (or at all).

The students and teachers at MTA would welcome any senior with open arms and do our best to show them our core values that we are most proud of!"

This program is ideal for individuals who want to connect with seniors in our community. Adopting a grandparent can involve being a pen pal, visiting for a holiday(s), occasional chats on the phone, sharing life stories, and more. Groups such as a family, a social group, or a child's classroom can also adopt a grandparent together. It's also great for anyone, especially students, looking to meet a school or club's volunteerism or badge requirement. Cross-generational contact is an important way to strengthen and enrich our communities.

If you or anyone you know would like more information about adopting a grandparent in Southern Saratoga County, please contact Terra at Terra@captaincares.org or 518-399-3262.

From The Program Manager's Desk

Do you like to meet new people, have fun, and have an easy way of giving back to your community? Do you like helping others? Are you looking for a way to keep your significant other busy in their retirement years? Would you like something that you can do with a friend (or partner) that will benefit everyone involved?

Did you know that there is a wonderful opportunity right here in your own community?

Some of the Care Links Team were asked what they love about being a part of Care Links, and we found out that volunteers come together for many reasons.

At the core of it all, it is to help others and feel good about themselves in the process.

We have team members who have retired and are now looking for ways to spend their time (still fitting in with their plans of travel and other interests that were on hold until retirement).

We have volunteers, who are new to the area, looking for a way to be part of a community of like-minded people who have hearts to serve, want to meet new people, and want to have fun getting to know others.

In June, I attended a gathering where people were looking into what it was like to be with Care Links. One lady privately shared with me that this was "all new to her" as she was not raised in an environment where her family were involved in volunteerism.

I was grateful to her for her honesty as it helped me to better understand how some others may feel about something that I have been surrounded by my entire life.

I was raised in a family where being involved in the community and participating as a family (or an individual) was second nature and expected of us. My mother was the "queen of volunteering," as it did not matter if she were available or not, her hand would go up if there was a call for help.

As the oldest of her thirteen children, I knew that if she could not make it work in her schedule, she would then "volunteer" one of us children to take her place. This is one of the main reasons that members of my family are involved in a variety of organizations that speak directly to their hearts.

My passion is working with seniors and other volunteers. I love to hear their stories and bring a smile to their face when I visit them. It is the simple things that matter most.

What is the reason that you may want to become involved in Care Links? What is driving your passion to help others and make a difference in the world around you?

Fondly,
Terra Maddalone-Ristau
Senior Services Program Manager



Care Links serves the towns of Ballston (including Burnt Hills), Charlton, Clifton Park, Halfmoon, Malta, and the city of Mechanicville. The Care Links program receives funding from the Saratoga County Department of Aging & Youth, the Towns of Ballston, Clifton Park, Halfmoon, and Malta, the New York State Office for the Aging, and participant and community contributions. Various fundraising events are held to support the core operational needs of Care Links.

Miss Marilou's Care Links Corner

Dear Friends,

The Care Links theme is "Purpose," so what is our purpose?

When I first became a Care Receiver with Care Links, I was devastated at my situation (in how I was no longer able to drive). I wondered what was going to become of my life.

The more I learned about Care Links, I was amazed to learn about everything that was offered to seniors like myself in the area.

I became more relaxed as so many of my needs were met in the program. Then I began to think, how could I give back? How could I help others as Care Links has helped me?

During the holiday season, Care Links collaborates with other organizations to spread holiday cheer, so I went with Terra to visit and drop off "little somethings" to bring a smile to some other seniors. The "gifts" were appreciated and thoughtful, but I realized that the real gift was the visit that really mattered.

At one of these, I made a wonderful connection with one of the other care receivers and we became friends. We check in on each other and visit at the monthly Care Links gatherings. I am also an adopted grandparent at the Mother Teresa Academy and go once a month to "help out with the little ones." Sometimes I read them a story or we do a craft and I have a wonderful time!

These are a few of the ways I found that I am able to give back.

Many of you still have the ability to drive and it would be great if you would join the Care Links Team also.

You can fit the opportunity into your own lifestyle, as there are many options. From once a month, once a week or more. Every moment is appreciated.

Spend time with another senior or someone who is lonely; both of you would really enjoy that.

We need volunteers. Some of our care receivers need transportation to appointments or to our Care Links gatherings. Would you be able to help them out?

At this stage of our lives, we still matter; we are still valuable as individuals. You will feel so good about yourself by helping others and what a wonderful, positive purpose that will be.

Enjoy your life!

-Miss Marilou



Care Receiver in the SPOTLIGHT



Meet Care Receivers, **Thomas and Theresa Busso** (shown here in the photo with Terra to the left)

The Bussos are a wonderful couple who moved to Saratoga County from Manhattan bringing their zest for life and engaging personalities to the Care Links program. When you encounter the Bussos, you are instantly in love with them as a couple. As they smile at each other and share the story of how the two of them met on December 10, 1955 at a St. Richard DePaul dance on 23rd Street, you can imagine yourself being there in the room as they reminisce.

Last year, Theresa called Care Links looking for someone to visit with Thomas and go to the market with him occasionally. She added that if there was someone who would enjoy talking about sports with Thomas that would be a big plus! Terra knew that finding the right volunteer for Thomas would be a real gift for Theresa and the goal was to create a Care Links team for the Bussos in matching them to two volunteers, Michael and Fred.

At first, Thomas was hesitant about having a volunteer but has since changed his mind looking forward to their visits as he has found they have much in common and they all hit it off perfectly. Theresa and Thomas refer to their volunteers as “angels” and they truly are.

When asked how they spend their time together, Thomas shares that they sit around and talk (about sports, mainly), go to the market and have some laughs. Which is very easy to do, as Thomas has a million and one jokes to share. Including one that Michael recently relayed to us saying, “Here is another one he dropped on me when I called last weekend. We were talking about how much it had been raining. Thomas said, “*Yeah, it's raining cats and dogs. I went out this morning and stepped in a poodle!*” (Groan).

When asked, “What is a challenge many seniors face in today’s society?” Theresa answers, “It’s not fitting in as you get older; the world is so different today.” At Care Links, we understand this and focus on providing a family and team environment for the Care Receivers.

Theresa shares this advice for anyone thinking about picking up the phone and calling Care Links, “Give them a call, tell them your needs and listen to them and if they can help you, they will (they are wonderful), in order to get help, you need to speak up, we can’t do it alone.”

If you or someone you know would like to volunteer and build rewarding connections with seniors in the community, where what you do makes a Difference,



Contact Us Today (518) 399-3262

Care Links Memorials



Our thoughts and prayers are with the friends, families, and volunteers of our loved ones who have recently passed away.

Lloyd DeLuke
Terri Jewell

Food & Fun

Inspiring messages, jokes, and anecdotes from our staff and volunteers:

When I asked Tom if he had a system for betting the horses... "Yes," he said, "*stupidity.*" "I can't stop betting on the horses now," he said. I asked why. "*because I'm on a 75-year losing streak.*"



Applesauce Spice Muffins

Submitted by Linda Collet

Ingredients:

- 1 $\frac{3}{4}$ c all-purpose flour
- 2 $\frac{1}{2}$ tsp baking powder
- 1 $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp ground cloves
- 2 eggs
- $\frac{1}{2}$ c + 2 Tbsp brown sugar
- $\frac{1}{4}$ c vegetable oil
- $\frac{1}{2}$ c milk
- 1 c diced, peeled apple like Fuji or Golden Delicious
- 1 Tbsp lemon juice
- $\frac{1}{2}$ c applesauce
- $\frac{1}{2}$ tsp cinnamon + 3 Tbsp sugar, mixed for topping

Directions:

1. Preheat oven to 375 degrees F.
2. Grease or line muffin tin
3. Combine flour, baking powder, cinnamon, salt, and cloves in medium bowl.
4. In another large bowl, whisk together eggs, brown sugar, vegetable oil, milk, lemon juice, and apple sauce.
5. Add flour mixture to liquid ingredients and stir just until flour disappears.
6. Spoon into muffin cups and sprinkle tops with cinnamon sugar mixture.
7. Bake for 25-30 minutes until tester comes out clean. Makes 12 muffins.

Word Search

POSITIVE WORDS



Q	J	D	L	H	U	M	B	L	E	B	H	A	H
K	I	N	D	N	N	D	H	V	B	R	A	V	E
V	S	L	G	R	A	C	I	O	U	S	Y	L	L
X	D	K	Y	Y	Y	T	R	C	P	Z	U	Z	P
O	P	T	I	M	I	S	T	I	C	E	S	V	F
H	B	H	Y	S	Z	Y	J	U	C	I	F	F	U
I	G	A	O	R	F	C	H	E	E	R	F	U	L
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O	N	P	C	O	U	R	A	G	E	O	U	S	R
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A	R	W	P	C	Q	V	G	E	N	U	I	N	E
L	O	I	C	H	A	R	M	I	N	G	F	U	P

Match the Actor/Actress to the Movie!

Played a Nanny in the movie "Mary Poppins"?

John Wayne

Played a boxing champion in Rocky?

Marilyn Monroe

Played the little girl in "The Good Ship Lollipop"?

Clarke Gable

Said "Frankly my dear I don't give a damn" in Gone with the Wind?

Julie Andrews

The cowboy actor also known as "The Duke"?

Shirley Temple

The actress and sex symbol born Norma Jean?

Sylvester Stallone

Sponsors & Supporters

Shenendehowa Neighbors Connecting

(Care Links Partner)

Shenendehowa Neighbors Connecting (SNC) is a local senior village, part of the national Village movement. SNC supports senior citizens in our community, age 55 and older by offering activities, outings and stimulating presentations while encouraging friendships. For more information visit <https://snc.clubexpress.com>.



Pictured: Bob & Loretta Parsons from SNC



Welcoming Week at the Y!

Welcoming Week, happening **Sept. 8-17**, celebrates the growing movement of communities that fully embrace newcomer immigrants and their contributions to the social fabric of our country.

YMCAs across the country are planning in-person and/or virtual events to help immigrant and U.S.-born neighbors connect and celebrate what unites us as a community.

Check out <https://www.ymca.org/what-we-do/social-responsibility/newcomers> for more information or contact your local Y representative (below).

Katie Massie (she/her)
Membership Director
CAPITAL DISTRICT YMCA
Southern Saratoga YMCA
1 Wall Street
Clifton Park, NY 12065
518.371.2139 Ext. 5511

Care Links would like to thank the following supporters:

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518-728-1292

www.InformativeProjectSolutions.com

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Nick Maddalone
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www.picturethisconstruction.com

Tuxego-Latham

Anthony Commisso
518-783-0260

guestservices@tuxego.com

*Tell our supporters you found them in the
Care Connection Newsletter!*



Upcoming “Events and Gatherings” Details

Please remember to RSVP for All gatherings!

August 16th, 2023

Monthly Care Links Get Together

Time: 1:00-2:30pm

Location: St. Luke's on the Hill

40 McBride Road, Mechanicville (Halfmoon), NY 12118

Presenter: **Kym Hance, CMC, Herzog Law Firm, P.C.**

Client Care Services/Aging Life Care Manager

Advanced Professional Member of Aging Life Care Association™

Topic: **How Not to Pay for Services: Long-term Care Solutions.**

Confused about navigating the long-term care system? Don't understand all that is available? Unbelievably, our community is rich in many services that will allow you to age in place, right in wherever you call home! Learn about all that is available and how to access these services. And, if the unforeseen should happen, how to deal with a crisis.

September 20, 2023

Monthly Care Links Get Together

Time: 1:00-2:30pm

Location: St. Luke's on the Hill

40 McBride Road, Mechanicville (Halfmoon), NY 12118

Presenter: **The Rev. Lynne Curtis, LCSW**

Before retiring, Deacon Lynne worked for nearly 20 years as the Social Work Supervisor for Hospice of Saratoga where she provided care to both patients and their families. She offered counseling, conducted a wide range of grief support groups, and founded WaveRiders, a grief support group for children.

Topic: **Comforting Those Who Mourn**

Understanding grief and how to support ourselves and others through the grieving process

October 18, 2023

Monthly Care Links Get Together

Topic: **Caregiver Burnout**

Time: 1:00-2:30pm

Location: Christ Community Reform Church

1010 NY-146, Clifton Park, NY 12065

October 24, 2023

Care Links Lunch Club

Time: 12:30pm-2:00pm

Location: The Ugly Rooster Café

2476 Route 9, Malta, NY 12020

Dutch Treat: You will be ordering off the menu. There is both breakfast and lunch available.

All are welcome!

Please remember to RSVP for All gatherings!

Community

Wellness Express



Residents of The Village of Ballston Spa, Towns of Ballston, Burnt Hills, Charlton, Galway, Malta, and Milton:

Are you 60 years and older and in Need of Medical Transportation?

Then hop on in the Wellness Express Van and be escorted by:
Rick, Kerry, and Bob

Call the Wellness Express Team at **518-399-3262** for information and eligibility.

The Wellness Express Program is funded by the Saratoga County Department of Aging and Youth, New York State Office for the Aging, Towns of Ballston, Milton, the Village of Ballston Spa and Participant & Community Contributions.

Volunteer Drivers Needed!

Become a Driver with Care Links to assist seniors to their medical appointments, shopping, errands, and more. We offer FLEXIBLE scheduling based on your availability!



Once a week or once a month...every moment you share is appreciated!

Community Meals, Food Pantries, and Events

Christ Community Reformed Church - 1010 NY-146, Clifton Park, NY 12065
Offers a little free pantry in the front of the church.
Call 518-371-7654 for more info.

Faith Baptist Church - 11 Glenridge Rd, Rexford, NY 12148
Offers a food pantry.
Call 518-399-2220 for more info.

First Baptist Church of Ballston Spa - 202 Milton Ave, Ballston Spa, NY 12020
Offers a food pantry and a Summer meal program for children.
Call (518) 885-8361 for details.

Grace Chapel Church - 996 Main St, Clifton Park, NY 12065
Offers a potluck dinner for seniors after church on Sunday once per month.
Calling ahead is helpful but not required.
Call 518-877-3314 for more info.

Jonesville United Methodist Church - 963 Main St, Clifton Park, NY 12065
Offers the Shenendehowa Helping Hands food pantry on Friday's 9a-Noon.
Call 518-877-7332 for more info.

Karyl's Kupboard Food Pantry by Captain CHS - 5 Municipal Plaza Suite 3, Clifton Park, NY 12065
The pantry is open Monday, Tuesday, and Thursday from 10:00am to 3:00pm, and Mondays 4:30pm to 6:30pm by appointment only. Call 518-371-1185

Shenendehowa United Methodist Church - 971 Route 146, Clifton Park, NY 12065
Offers a monthly communal meal.
Call 518-371-7964 for more info.

St. Mary's Crescent - 86 Church Hill Rd, Waterford, NY 12188
Offers a "Senior Tuesday" event on the last Tuesday of each month.
Call 518-371-9632 for more info.

Saratoga County Department of Aging & Youth
Offers congregate meals to qualifying seniors (over 60 yrs old)
Hot meal served at Noon on Mondays-Fridays
Call 518-363-4020 for more information.

Other Opportunities to Help

Current Volunteer Needs:



Volunteer Team Members are Needed to provide occasional friendly visits with lonely seniors.



Care Links is looking for Road Warriors to help with Newsletter distribution to a variety of everyday locations in Southern Saratoga County. Please let us know if you can help by contacting Laurel & Dee at careconnection23@gmail.com

Shout Out!

A **warm welcome** back to team member Donna Hall, and welcome to our new Care Links volunteer caregivers: Gurinder Garcha, Dr. Caitlin Holley, and Jen Baisley.

Ways to Receive our Care Links Newsletter:

Mail/Email - If you would like to receive this newsletter when it first comes out, please contact us at 518-399-3262 or careconnection23@gmail.com to be added to the mailing list!

Online - View the Care Connections Newsletter online or share with a friend at <https://captaincares.org/care-links/news-and-events/news.html>

Care Links has Volunteer Opportunities for folks from TWO to NINETY-TWO for families and individuals!

Please contact Terra at 518-399-3262 or Terra@captaincares.org to answer your questions!



Pictured: Mary Hatch, Care Receiver



CAPTAIN
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Lifting people up. Building brighter futures.

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(518) 399-3262